

LYNN COUNCIL ON AGING SENIOR CENTER



**July
2017**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Let's hope that by the time this publication hits your hands, the weather has warmed up a little bit. Glad to hear you enjoyed the Senior Prom! And the answer is, "Yes!" We have it on the docket for next year. The BBQ is July 3rd... if you're checking your calendar, it is a Monday. We will be seating at 10:15 am for an 11 am prompt meal service. Four Guys will be rocking the party again. We've contacted the weather bureau requesting moderate heat, say 76 degrees, slight breeze, and mostly sunny. Grab yourself a patriotic Lynn Senior Center t-shirt for only \$8! They're on sale in the center now and the day of the BBQ. Be safe. Stay cool. Be vigil about your water intake. Watch the high heat and humidity. Speaking of safety, I need to pass on a warning. Be on high guard and alert for scams. If your grandson has been arrested, they will not call you to negotiate terms of bail payment. Pause for a moment. Most of you are probably saying, first my grandson wouldn't get arrested. Be clear these scammers are good. They fabricate a story of misunderstanding and how they will help you fix your grandson's unfortunate problem. They will have your grandsons name. Do not agree to wire money or send gift cards or money orders. The best thing you can do is ask them for their name and number to call them back. Nine times out of ten, you will hear a dial tone. If they give you a number, call a family member or the COA. Memorize that no matter how emotional they entrap you in this presented crisis... do nothing and definitely do not send money. If you are one of those types of people who have a hard time cutting people off on the phone; tape the words "hang up" visibly to cue yourself. Or if you must answer the Veterans organization, Breast Cancer, or any other solicitor, simply say, "oh, so sorry my son handles all my affairs, but thanks for calling! (Hang up)

~ Stacey Minchello

From Your Mayor

How wonderful it is to be in the midst of another New England summer. One event that is always a highlight is the fireworks display along the waterfront, which will take place on Monday, July 3. I hope many of you will be able to make it down to the beach for this festive event, which also features music by Lois Lane and the Daily Planets.

Throughout the summer, the Friends of Lynn & Nahant Beach will sponsor Thursday night concerts at Red Rock Park, starting at 6 p.m. There will be a special children's concert and festival on July 29.

It will also be a busy month at the Lynn Auditorium. Cristina Toro and Carlos Mario Aguirre will perform on July 1, followed by singer Silvestre Dangond on July 16. George Thorogood and the Destroyers will close out the month on July 26. For information and tickets, please call the Box Office at 781-581-2971.

The Beyond Walls mural festival will take place July 13-23. During this time, 10 murals will be painted on downtown buildings by local and internationally renowned artists. I cannot wait to see the results of their creative efforts, which will surely brighten up our Central Square business district. I'm thankful to the group of organizers and all the generous individuals who donated to this project, which will help to ensure Lynn is buzzing as a cultural and artistic hub for years to come.

The summer is also a perfect time of year to take in a Navigators baseball game, go to the beach or visit the Central Square Farmers Market for fresh, locally grown produce. There is always so much to do in this beautiful city.

Enjoy.

Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers, President
Minette Lall, Vice President
Joseph Bryson
Pam Edwards
Lester McCLain
Frank LaMacchia
Charles Mitchell
Frances Taggart
Marlene Vasi Eddy, Clerk

Albert DiVirgilio
Edmund Brown
Pearl Brown

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Next FRIENDS
Meeting,
July 27th @ 10am

Help for Hearing Loss Lecture

Tuesday August 8th at 9:30 am



North Shore
Hearing Foundation

Join Audiologist Dr. Joan McCormack for a lecture on help for hearing loss and the services of the North Shore Hearing Foundation. The North Shore Hearing Foundation provides financial assistance for people of very low income who need hearing aids and shares information about the importance of good hearing on quality of life for everyone.

Hearing loss is the third most common chronic health condition for older adults, following hypertension and arthritis. Untreated hearing loss can lead to depression, social isolation and poor health. Dr. McCormack will cover the signs and symptoms of hearing loss and candidacy for hearing aids and assistive devices. A screening quiz will be available so you can check your hearing or that of a loved one. Applications for financial assistance for hearing aids will be available from Stacey Minchello.

Visit our website www.nshearingfoundation.com or call 781-581-1500 for more information.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

In loving memory of Rita Marturano
~ Carmy Marturano



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

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CASINO TRIPS

Departs from Lynn Senior Center

Mohegan Sun Casino \$29
July 18th Oct 24th (note it's the 4th Tuesday)

Foxwoods Casino \$29
Aug 15th Sept 19th Nov 21st 6:30 am – 6:30 pm
\$10 Free Slot Play
\$10 Food coupon or free meal at the buffet



*** PLEASE NOTE EFFECTIVE JUNE 1ST, 2017 CASINO RESERVATION REFUNDS WILL ONLY BE ISSUED IF YOU CANCEL 24hrs IN ADVANCE. WE WILL HOWEVER REFUND YOU IF WE SELL YOUR SEAT THE DAY OF. ***

**PLEASE NOTE EARLIER DEPARTURE TIME IS AN ATTEMPT TO BEAT BOSTON TRAFFIC*

PLAY BALL!



Join us for an afternoon Red Sox Game!

Thurs, September 14th

Red Sox vs Oakland A's

1:35 pm

\$55



- Includes ticket and bus parking
- Lunch in park on own
- Prompt departure from the senior center at 10 am
- Estimated return time 5:45pm
- Limited Seating
- Full payment reserves ticket
- No down payments-
- No phone reservations
- Refund only if seat sold
- Must be registered senior center member

LCOA Annual Independence Day BBQ Celebration

MON, July 3rd 11 am – 2pm

\$4 per person

Meal service starts promptly at 11am and ends at 12pm

Senior center scan card required.

50/50 Raffle! Winner pulled at 1:00 p.m. Live

Schedule your ride home for 2pm

~ Thank you to the **FRIENDS** of the Lynn Council on Aging for supporting the Independence Day BBQ!!

~ Thank you to Senior Whole Health for sponsoring the Four Guys in Tuxes! ~

~ Thank you to Chestnut Woods of Saugus for sponsoring the Ice Cream Sandwiches!

~ Thank you to Element Care for sponsoring the spring water!



**YOUR
AD
HERE

CALL
TODAY**

Lynn Library Tour

Get in the Know!

Join us for a Lynn Library Tour, sign up for a new library card.
Bring your electronic device and learn how to access checking out books online
without even going to the library!



Hands on training session limited to 10 participants.

Weds, August 23rd 9:30 am



What device? Any electronic (iPad, laptop, smart phone, tablet) that has Wi-Fi capabilities with an app store to download the free app "Overdrive".

Don't worry - This is hands on and pace that works for you

Not sure what we're talking about? Come see us or call.

FREE Carbon Monoxide Detectors

Free carbon monoxide detectors to Lynn Home Owners, 60 and over...

- Make sure your smoke and CO2 detectors are on every level including outside the bedrooms and are working properly. Test monthly and replace the batteries twice a year.
- Have your furnaces and chimneys professionally cleaned annually.
- Keep anything that can burn 3 feet away from your fireplace or heater.
- Do not use a space heater as your #1 heating source.
- Avoid extension cords with space heaters.
- Turn off when leaving your home or going to bed.
- Buy a space heater that has a timer function and kill switch if tipped.
- Portable kerosene heaters are illegal in MA to use in your home.
- Never use the gas stove or oven as a heat source.
- Keep appliance vents and exhaust pipes clear of bushes and snow drifts.

Call Mayra and have your name and info added to a list for a home visit.

Sponsored by the Lynn Fire Department.



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

July 5 th	Lincoln	2012	PG-13	150 mins
July 12 th	Toy Story	1995	G	81 mins
July 19 th	The Proposal	2009	PG-13	108 mins
July 26 th	Crocodile Dundee	1986	PG-13	97 minutes



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.

Best Home Care
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Call for a free Consultation Or Visit us online

Home Health Services
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North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com

Place Your Ad

JULY HAPPENINGS!

Annual Independence Day BBQ Celebration \$4
Mon, July 3rd 11am – 2pm
 Ticketed Event while supplies last Meal promptly served at 11 am

Tues, July 4th Independence Day Senior Center Closed

Tues, July 6th Trip: Beauport Gloucester Lunch Trip \$2 10:30am – 2:30pm

Thurs, July 6th Veterans Coffee Hour Resource Library 1 pm

Mon, July 10th Bingo Bonanza \$11 – 12 games 9 cards- paper sheets only

Card sales start at 11:30 am Games start at 12 noon

Tues, July 11th Meet & Greet! Lynn's Baseball team
North Shore Navigators
 Photos opps, meet the players and cheer them on! 11:30 am

Thurs, July 13th Ice Cream Social \$.50 1:30pm

Fri, July 14th Trip: Edward M. Kennedy Institute \$2 9:00am – 3pm
 Museum visit 10am – 12 pm
 Lunch on own – Castle island 12:30 pm – 2:00 pm

Tues, July 18th Mohegan Sun \$29 6:30 am – 6:45 pm
 *** need 40 passengers paid in full by July 7th to run this trip***

Thurs, July 20th Art Therapy with Christie 9:30 am - 11:00 am

Fri, July 21st Brown Bag 9:30am – 12:00pm
 Sponsored by GREATER BOSTON FOOD BANK

Mon, July 24th Bingo Bonanza \$11 – 12 games 9 cards- paper sheets only

Tues, July 25th Field Trip: Sandcastle Competition, Revere Beach \$2
9am – 12pm

Sandcastle viewing 9:30 – 10 am
 Lunch at Kelly's Roast Beef on own 10:20 am – 11:45 am

Thurs, July 27th Friends of the Lynn Council on Aging meeting 10 am

.....
 ~ Zumba classes will resume Thursday, September 7th at 1pm ~

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TODAY**

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HARBOR 90FT
 ADAPTIVES



What is a MOON?

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer

Shine Counselor

Bill Foley will not be hosting the following dates:
July 5th, July 12th, July 19th, July 26th.
Next appointment will be Aug. 2nd

Congratulations, Pam!

Join us in wishing Pam Brito congratulations on her transfer!
She will be a Case Manager for GLSS starting in July. You will
have a chance to see her at our cookout on July 3rd (Yes!
Helping us) So wish her well! Thank you, Pam!



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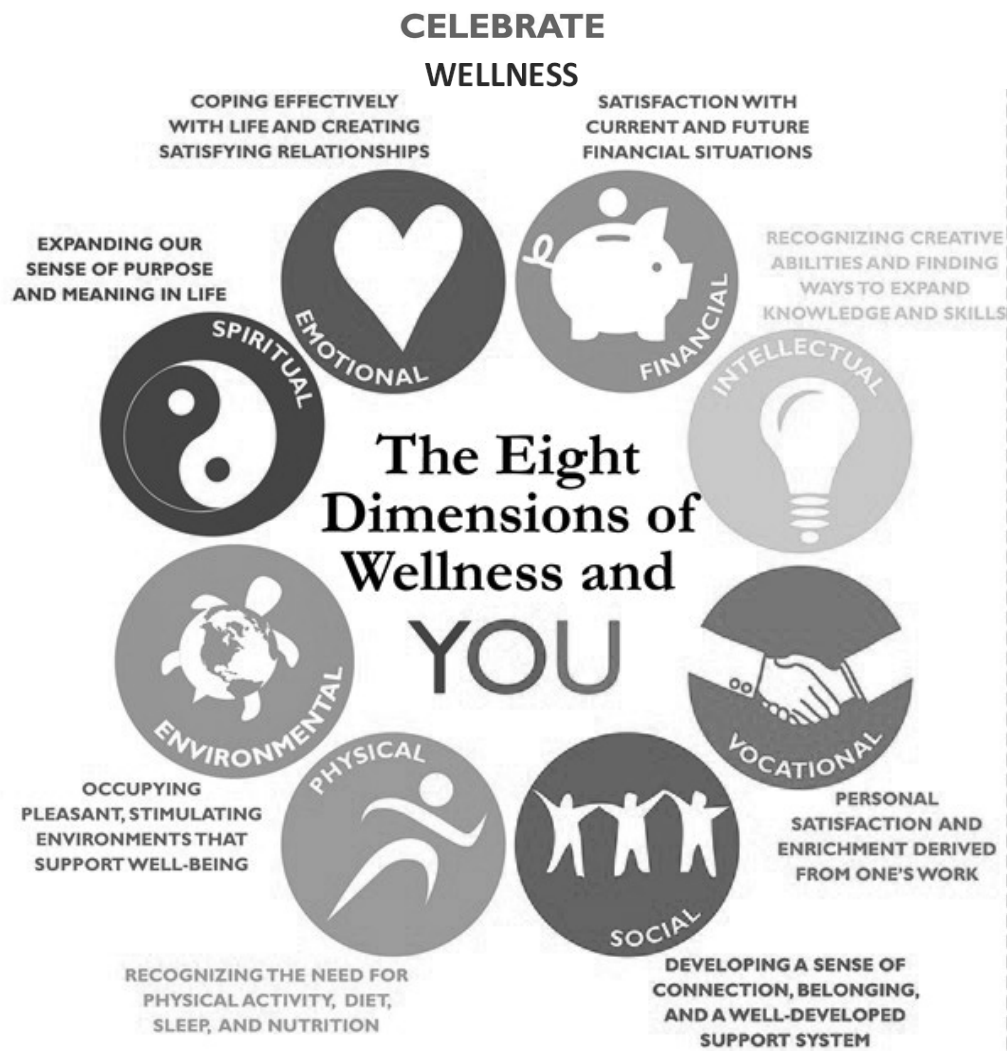
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in your
OWN HOME!

Visiting Angels

Wellness Watch July 2017



Practice these every day to improve your overall health and well-being!

The Wellness Pathways at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated and empowered to achieve total health.

For more information, contact: Kelsey Magnuson, 781-586-8530

The Kiosk for Living Well

Celebrate your independence this July by building confidence and strength around your balance! Sylvia and Dacise will be at the Kiosk to assess balance and offer basic strength training exercises **Thursday July 6th between 10:00 and Noon.**

The Healthy Hearts nurses and Spanish-speaking Community Health Workers will visit the Kiosk between 10:00 and Noon on **Tuesday July 11th** and also **Thursday July 27th**. Get your blood pressure checked and talk with them about any diet or exercise concerns you may have.

Kiosk Exercise classes take place in the Activities Room every **Tuesday and Wednesday from 12:30 to 1:30**. Please come!

The Kiosk for Living Well is open every Tuesday and Thursday from 10:00 – Noon.

SENIOR CENTER ACTIVITIES • JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII
9:30 BEAN BAG TOSS	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING Group
9:30-11:00 KNITTING & CONVERSATION	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
10:45-12:30 LUNCHEON	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORTS CLUB	10:45-12:30 LUNCHEON INFO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	11:30-12:30 TEAM TRIVIA
1:00-2:45 BINGO	12:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30 BILLIARDS CLUB	12:30 – 2:00 MOVE SAFE CLASS	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
		1:00 – 3:00 MOVIE	1:00 FREE ZUMBA CLASS	
		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

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Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

111 Birch St., Lynn, MA 01902
781.592.9667



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 Y L F R R E T H G U A L Q L





Ablaze
 Bang
 Boom
 Crackle
 Crowds
 Dazzling
 Explode
 Firecracker
 Fizzle



Flags
 Flash
 Fun
 Glitter
 July
 Laughter
 Night
 Outdoors
 Pyrotechnics



JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LCOA Annual Independence Day BBQ Celebration 	4 HOLIDAY NO MEAL SERVICE	5 Cold roast beef/salad(346) Barley veg. salad(160) Calories-955 Sodium-729 ALTERNATIVE Eggplant parm/pasta(522)* Calories-700 Sodium-720	6 Orange chicken(100) Mashed potato(107) Calories- 620 Sodium-518 ALTERNATIVE Lemon baked fish(330) Calories- 685 Sodium-620	7 American chop suey(316) Salad/dressing(168) Calories- 939 Sodium- 1042 ALTERNATIVE Garlic chicken(116) Calories- 650 Sodium-680
10 Garlic roasted pork(73) Salad/dressing(262) Calories-762 Sodium-853 ALTERNATIVE Carne guisada(beef)-(422) Calories-750 Sodium-900	11 Pot roast/gravy(96) Mashed sweet potato (70) Calories-690 Sodium-593 ALTERNATIVE Honey mustard chicken (168) Calories-640 Sodium-600	12 BBQ chicken (328) Potato wedges(200) Calories-622 Sodium-916 ALTERNATIVE Egg and cheese croissant (410) Calories-602 Sodium-811	13 <u>SUMMER PICNIC</u> Tarragon chicken salad & Egg salad sandwiches Potato salad Confetti coleslaw Fruit salad Calories-733 Sodium-1100	14 Sweet potato pollock(247) Mashed potatoes(107) Calories-737 Sodium-650 ALTERNATIVE Cheese pizza(340) Calories-710 Sodium-700
17 Chicken Mirabella/ pasta-304 Salad/dressing(62) Calories-850 Sodium-777 ALTERNATIVE Veggie stuffed pepper(100) Calories-650 Sodium-700	18 Meatloaf/gravy(370) Sweet potato(70) Calories-811 Sodium-930 ALTERNATIVE Honey lime chicken(116) Calories-765 Sodium-780	19 Pork hot dog/mustard(946) Baked beans(206) Coleslaw (167) Calories-754 Sodium-1434** ALTERNATIVE Beef picadillo(330) Calories-749 Sodium-987	20 Chef salad/turkey(247) Butternut squash(20) Calories- 820 Sodium-700 ALTERNATIVE Fish/coconut sauce(290) Calories-750 Sodium-720	21 Chicken picatta(400) Broccoli(32) Calories-738 Sodium-729 ALTERNATIVE Cheese ravioli/sauce(592)* Calories-710 Sodium-825
24 BBQ pulled pork(292) Potato wedges(200) Calories-968 Sodium-952 ALTERNATIVE Beef/chimichurri sauce (140) Calories-761 Sodium-880	25 Stuffed shells/sauce(409) Salad/dressing(262) Calories-738 Sodium-1145 ALTERNATIVE Chicken/yellow rice(290) Calories-700 Sodium-950	26 Tarragon chicken salad(192) Pasta salad(215) Calories-703 Sodium-832 ALTERNATIVE Macaroni and cheese (520)* Calories-687 Sodium-782	27 Roast beef/mushroom (100) Cheddar potato(136) Calories-600 Sodium-636 ALTERNATIVE Veggie Shepherd's pie (200) Calories-620 Sodium-603	28 Lemon chicken(116) Salad/dressing(168) Calories-705 Sodium-828 ALTERNATIVE Beef/onion(100) Calories-800 Sodium-920
31 Breaded Pollock(317) Salad/dressing(252) Calories-833 Sodium-911 ALTERNATIVE Chicken stew(190) Calories-750 Sodium-720	MENU SUBJECT TO CHANGE WITHOUT NOTICE.	GLSS NUTRITION 781-586-8695 	NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK, BREAD AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(MORE THAN 500mg PER SERVING.) MEALS MARKED WITH ** ARE HIGH SODIUM(MORE THAN 1200mg.)

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

KIOSK FOR LIVING WELL

EVERY TUESDAY &
THURSDAY

10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAY &
4TH THURSDAY

*(JULY 11TH & 27TH)

10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

VETERANS COFFEE HOUR

Thurs., July 6th

1:00 pm - 2:00 pm

Resource Library



PODIATRIST



Thurs., July 13th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Wednesdays

8:00 am - 9:00 am

note time change

*Every Wednesday, 8am - 9am



MASSAGE THERAPY

Call for a July Appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET

LYNN, MASSACHUSETTS 01901

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